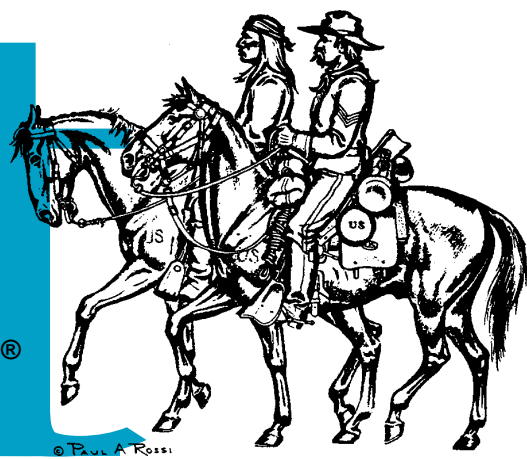




Snow day
Flakes fall on Fort Huachuca

The Fort Huachuca Scout



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Scout reports

e-mail:
thescout@huachuca-emh1.army.mil

SAMC induction ceremony

The next Sgt. Audie Murphy and Mary Walker induction ceremony will be held 1:30 p.m. today at the Greely Hall auditorium.

Guest speaker for the ceremony will be Command Sgt. Maj. Cynthia Pritchett, command sergeant major, Combined Arms Center.

Soldiers being inducted into the Sgt. Audie Murphy Club are: Sgt. 1st Class Angela Carter, Headquarter and Headquarters Company 86th Signal Battalion; Staff Sgts. Christopher Howard and Christina Truesdale, both of Company A, 306th Military Intelligence Bn.; and Sgts. Ryan Kinslow, A/306th, and Raymond Edwards, Military Police Company, 306th MI Bn.

Mary Walker inductees will be announced at the ceremony.

For more information, call 1st Sgt. Michael Roberts at 533-3800.

St. Patrick's Day golf

Headquarters, U.S. Army Signal Command Unit Fund will host a St. Patrick's Day 4-person scramble golf tournament at the Mountain View Golf Course at Fort Huachuca on March 17. Entry fee is \$11 for members and \$23 for non-members. Entry deadline is Monday. For information, call 538-6218 or 538-4729.

Be a U.S. citizen

An Immigration and Naturalization Service agent will be speaking at Murr Community Center on Tuesday at 6 p.m. The agent will speak about the naturalization process for active duty service members and their family members.

The agent will provide forms to begin the naturalization process and answer questions concerning the process. The agent will not be able to speak about cases pending.

For more information, call the legal assistance office at 533-2009.

CECOM conferees develop battle plan

By Jim Ward
ISEC Public Affairs

Under the blue skies of southeast Arizona, some 50 members of the Communications-Electronics Command and selected invitees issued the rallying cry of support to the Chief of Staff of the Army.

CECOM Commander, Maj. Gen. Robert L. Nabors stirred his troops to action when he made his feelings on the Initial Brigade Combat Team crystal clear.

"There are some things in life that are debatable, but the chief of staff's vision is not one of them. We will execute on time and under budget because we all agree that this is the direction we will take."

With that, the conference, held Feb 23-25, at Fort Huachuca was off and running. What followed were a series of briefings, each designed to bring the command and staff up to date on issues of concern.

Interestingly, as speaker after speaker rose to address the group, a pattern emerged: CECOM was to get very involved with supporting Chief of Staff Eric Shinseki's decision to field a fighting force that models the times.

Also emerging from the conference is the reality that the signal, intelligence and acquisition communities would need to come together if these efforts were to succeed. Such processes as force modernization, improved intelligence services and sustaining base and reachback capabilities also took center stage during the three-day event.

The conference was divided into three parts, with the first day reserved for discussion of CECOM's on-going effort to work with the Army Materiel Command to modernize the support process.

This work centers on creating field

support centers that tie in all AMC assets on the ground, providing the right software support to the field and creating the state of the art information platforms of the future.

Other briefings on that first day included an overview of the Brigade

Combat Team, the Future Combat System, the Defense Information Systems Network in Europe and several others.

The next day, key general officers met in what is called the Home-on-Home Conference in which each general officer takes his turn at "sponsoring" the discussion.

In this case, Nabors brought together the Commanding General of the U.S. Army Intelligence Center and School, Maj. General John D. Thomas, Jr.; the Army's Chief of Signal, Maj. Gen. Peter M. Cuvillo, and the Commander, U.S. Army Signal Command, Maj. Gen. William H. Russ.

The discussion was punctuated with calls for teamwork, and above all, action.

Nabors set the tone for the day when he reiterated his conviction that the signal and intelligence corps would have to work together to make the Army Vision a reality. "The Boss has said there were a few things [IBCT/Future Combat System] that are important. It is our role to execute. The timeline is short, the mission is critical," he said.

Cuvillo echoed these remarks. "Where we're going in this effort is bigger than all of us. This is our chance to make our mark corporately-to make these initiatives work. We have to help the Army build the architectures and the boxes the soldiers will need," Cuvillo said.

According to these leaders, this process involves doing things outside the box. "We must throw off the old, bu-

reaucratic ways of getting the mission accomplished and looking to ways to speed up the development, testing and fielding of whole systems we will then stuff into the vehicles our soldiers will need when they deploy — within 96 hours after getting the call. That means the systems have to smaller, lighter weight, rugged, redundant and reliable," Nabors said.

All conferees agreed that this "system of systems" approach that ties the soldier to battlefield and sustains base leadership represents a real opportunity for the signal and intelligence communities to work together on common communications and transmission platforms.

This campaign will also require the kind of coordinated effort never before attempted — in a very short time. In fact, according to the fielding schedule, the first vehicles must be ready for action by the end of this calendar year. That's why, according to Nabors, Cuvillo, Russ and Thomas it's time to "roll up our sleeves and get busy."

"CECOM brings 20 years of intellectual capital to this effort and we are totally committed to the Tank Automotive Command who has the lead and to all of you to do our level best to make this task a resounding success," Nabors said.

The third part of the conference included a General Officer Summit, which served to strengthen the relationship between the flag officers whose commands would have to shoulder the intelligence and signal burden.

That series of meetings focused on officer management and the role of the Battle Command Battle Labs, as the signal and military intelligence communities work together to support the warfighter.

By the time the conference wrapped up, the group was on track and part of a broad coalition, with an important message: The Army Vision is not debatable.

Cuvillo summed it up best when he quoted the dean of America's founding fathers, Benjamin Franklin. "If we don't hang together, we will most certainly hang separately."

There are some things in life that are debatable, but the chief of staff's vision is not one of them. We will execute on time and under budget because we all agree that this is the direction we will take.

Maj. Gen. Robert L. Nabors

The Scout's Chaplain

Mentors make it possible to hang in there

By Col. Thomas R. Decker
Installation Staff Chaplain

Okay, Scout, the guy was a little older, a little out of shape, and it showed. He was huffing and puffing as his buddy kept him going, “Hang in there! You can do it! You got it made! Keep it up! Just a little bit further!”

Maybe you’ve been there...the runner trying to get back into shape...or the one who runs along side with encouragement, setting the pace.

I’ll never forget Chap. Mike Ondo at the Army Chaplain School giving encouragement to another chaplain during the sit up portion of the AFPT test, “Come on, you can do it, just one more, now another, keep it up!”

And so it goes with those who coach and mentor and provide the example for others to keep up and to exceed even what they’ve done previously.

We all need coaching from time to time. This article is dedicated to those who are in the positions to provide the example to younger soldiers and service members, and make a big difference for the future of the Army.

A chaplain assistant commented recently about the importance of all levels of leadership participating in chapel services. Their presence — be it enlisted or officer — sets a solid example for the importance of spiritual fitness for the whole

Army.

During the first six to seven weeks of this year, 9600 people participated in Fort Huachuca’s chapel programs. They contributed over \$20,000 to the community in terms of their offerings.

These people participated in everything from Christian aerobics to youth groups and bible study groups and denomination specific worship services.

They not only attended, but they set the standard for their family’s spiritual life by modeling faithfulness in marriage, loyalty to each other, responsibility to children, a certain stewardship of finances, the rewards of honest work, integrity in all relationships, and the treatment of others with dignity and respect.

They’re not perfect by any stretch of the imagination, but they know a standard beyond themselves, and they stretch to help family and friends achieve it for themselves.

A Christian prayer at the beginning of the season of Lent asks for deliverance from sloth. Here sloth is not laziness but the attitude that says that God is irrelevant.

It’s a tough prayer because many live and act as though God is irrelevant to the pursuits of modern life. It’s a good prayer because it asks each of us to consider how we set the pace for others in running through the obstacles of life. Coaching others still sets the pace.

Library’s sights, sounds of week

By Natalie Danforth
Reference Librarian

Quote of the Week

“A collision at sea can ruin your entire day.” Attributed to Thucydides, 5th Century B. C. as quoted in the *Dictionary of Military and Naval Quotations*, Page 56 by Robert Debs Heinl, Jr.

Somehow that doesn’t sound like Thucydides, but who am I to question retired Marine Col. Heinl. Maybe it sounds different in Greek.

Book of the Week

The Encyclopedia of Espionage by *Norman Polmar*. Among the entries: “Cookie Lady: In early 1970 an informant told a U.S. Naval Intelligence officer that a Vietnamese national working at the U.S. Navy offices in Saigon was selling discarded Navy documents from ‘burn bags’ to the lady who sold cookies on a nearby street corner.”

Vinyl Record of the Week

The Coasters Young Blood. Definitely part of our culture. You’ve heard ‘em, even if you are only 18 years old. “Charlie Brown,” “Yakety Yak” and “Along Came

Jones.” A trip down memory lane with only a couple of scratches.

Audio of the Week

Heart of Darkness by Joseph Conrad. Look for this on the library “classics” audio shelves. Written in 1902 about a journey into the Belgian Congo. Never taken the time to read it? Never heard of it? Now is your chance.

Video of the Week

Building with Straw. Field-tested to stand up to the toughest Big Bad Wolf.

A tour of ten homes ranging from a simple owner-built home costing \$7.50 a square foot to a custom-built, bank-financed house costing \$100 a square foot.

There are loads of current magazine articles covering the subject and even a book or two in the library we will lead you to without too much huffing and puffing.

I am thinking of investing in straw futures.

For more information, call 533-3041. Your Fort Huachuca Library opens at 10:30 a.m. Monday through Saturday. It closes at 7:30 p.m. Monday and Tuesday and at 6:30 p.m. Wednesday through Saturday.

Have we got news for you!

Read it in The Fort Huachuca Scout newspaper

AER does take care of its own — a personal story

By Stan Williamson
Scout Staff

I was a staff sergeant stationed in Hoherst, Germany (just outside Frankfurt A.M.) in the early 1970s with the 32nd Signal Battalion (Corps) at McNair Kaserne. I was on an accompanied tour with my wife and three children.

The 32nd Signal Bn. averaged between 10 to 11 months each year in the field. This didn’t allow for much time with the family and made the wife become very self-sufficient. Besides money, transportation was our second most important need.

My personal vehicle developed transmission problems and the local Army, Air Force Exchange Service garage gave me an estimate of more than \$800 to rebuild the automatic transmission. I did not have the cash resources to pay for this. I asked the American Red Cross for assistance and was

referred to the Army Emergency Relief office.

With help of my first sergeant and company commander, an application was submitted to AER. I was given an interest free loan to cover the entire repair cost with minimum payments over the next 18 months to repay the loan.

In November, 1980 I retired from active duty. On July 7, 1981 my house caught fire. One-third was a total loss, one-third suffered major smoke and water damage and the remaining one-third had smoke damage. I was in a state of shock, but did not realize it.

I moved my family into a single hotel room for that night, while I spent the first night sleeping in my vehicle outside the burned-out house protecting what valuables were left.

The next day my story was in the local newspaper and Capt. Richard Emig, my former company commander at Fort McClellan, Ala. read about the fire. He started a search

for me and my family. Emig actually had his first sergeant and several other noncommissioned officers checking all the hotels and motels in the area trying to find us. Once he had the address and telephone number, the captain called me.

After identifying himself, he proceeded to “chew me out” for not making him aware of my predicament and “ordered” me to report to him the following morning at his office.

I said “Yes, Sir!” forgetting I was now retired.

The next morning I reported to my former company commander who had on his desk an application for assistance from the Army Emergency Relief office at Fort McClellan. After signing the forms, Emig personally took me to the AER office where I was given a grant in the amount of \$1,500.

Yes, the Army does take care of its own, both active duty and retired.

The Fort Huachuca Scout®

This newspaper is an authorized publication for members of the U.S. Army. Contents of *The Fort Huachuca Scout* are not necessarily the official views of, or endorsed by the U.S. Government, Department of Defense, Department of the Army or the U.S. Army Intelligence Center and Fort Huachuca.

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CG supports Water Wise, Energy Smart initiatives on post

From the Commander:

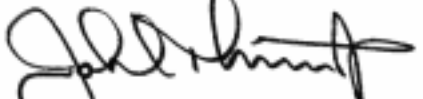
Environmental and fiscal stewardship is a key part of today’s Army mission. Energy and water conservation are critically important aspects of this stewardship.

For this desert installation, reducing water use helps to guarantee the long-term water supply to support our national defense mission. Energy costs this installation \$9 million annually. Budget reductions require we reduce this expense.

One of the largest, not fully realized conservation possibilities for Fort Huachuca is awareness and optimization of energy and water use by individual employees and residents. By reducing our use of these resources, more funds will be available for other mission-essential activities.

Just as we constantly work on a larger scale all over the Fort and with Sierra Vista, Cochise County, and numerous other organizations on water conservation efforts, so must we also do on a personal and individual level.

I urge your strong, committed participation in the “Water Wise and Energy Smart” conservation program at Fort Huachuca. No matter whether you live or work on or off the post, I urge you to conserve water and energy. It is the right thing to do for our DoD mission and for our entire community of southern Arizona.


Maj. Gen. John D. Thomas, Jr.
Commanding General, USAIC&FH

The following resources are available to assist you

with energy and water conservation. For information, call 538-7283.

Energy and water conservation checklists

Simple checklists with alternatives for reducing energy and water use in your housing unit and in your yard.

On-site consultation

The post’s Energy and Water Conservation Educator from The University of Arizona Cooperative Extension Water Wise program is available, on request, to help family housing residents identify ways to reduce energy and water use and advise you on water efficient landscaping.

Demonstration projects

Displays are being implemented throughout the post to show the effectiveness of different water and energy efficient landscaping and housing management practices.

Bulletins on energy and water conservation

Information tailored to Fort Huachuca provide practical, time saving tips for reducing energy and water use and conserving natural resources.

- *Residential Watering Guide for Fort Huachuca* provides tips on implementing the post’s Irrigation Policy.
- *Low Water Use Xeriscape Plants for Cochise County* provides a list of attractive low water use trees, shrubs, vines flowers and ground cover that do well on Fort Huachuca.
- *Home Energy and Water Conservation Checklist*



WWES photo

Here Spc. Bledsoe demonstrates how opening your blinds during the day can save energy by heating the house with natural sunlight.

for Fort Huachuca Residents provides practical tips for water and energy conservation.

- *Backyard Wildlife Habitat* tells how to attract birds, butterflies and other wildlife.
 - *Life in a Desert Environment* describes Fort Huachuca’s unique climate and natural environment.
 - *Water Harvesting* discusses low water use landscaping alternatives. Designed primarily for personnel who live off post.
- If you have ideas for conserving energy and water use on Fort Huachuca, call 538-SAVE (7283).

CPAC approves leave donor recipients

CPAC release

The employees shown below have been approved as leave recipients under the Voluntary Leave Transfer Program.

Name	Organization
Mary Amparano	ASC
Sharon Davis	USAIC&FH
*Connie Ellis	DECA
Deborah Heinrichs	111TH MI BDE
Humberto Tolentino	EPG
Diane Turner	MEPS

Donations of annual leave can be made by using Optional Form 630-A, “Request to Donate Annual Leave to Leave Recipient Under the Leave Transfer Program.”

When completing the form, list your duty phone in item number 3. This will assist CPAC personnel if additional information is needed. Forms may be sent to

ATZS-CP.

*Individuals not assigned to the Defense Commissary Agency donating to Ellis must use Optional Form 630-B, “Request to Donate Annual Leave to Leave Recipient Under the Leave Transfer Program.”

In any one leave year, a leave donor may donate no more than one-half the amount of annual leave that the donor accrues during the leave year in which the donation is made. In the case of a leave donor with leave which would be subject to leave forfeiture, the maximum amount that may be donated is the lesser of (1) one-half the amount accrued during the leave year or (2) the number of duty hours remaining in the leave year. Limitations on annual leave donations may be waived in accordance with paragraph 7, FH Reg 690-31.

For information, call Barbara Vineyard at 533-1481.

Band to perform second chamber concert

36th Army Band release

The 36th Army Band will be presenting the second performance in their Chamber Concerts series on March 19 at 3 p.m. at the Ethel Berger Center in Sierra Vista.

These concerts, sponsored by Parks and Leisure Services of Sierra Vista, mark the beginning of a second concert series by the 36th Army Band in the Sierra Vista community.

Each concert will feature various small groups and soloists from the 36th Army Band performing music that is not always associated with military bands.

This concert will feature the Brass Quintet along with other brass soloists and ensembles. Upcoming concerts will feature the Woodwind Quintet, Saxophone Quartet, Tuba Quartet, Percussion Ensemble and other small groups and soloists.

March 26 will feature solo piano and various small groups, and the series finale on April 2 will feature both the Woodwind and Brass Quintets. All performances are free and open to the public.

For more information, call the band at 533-2515 or visit the band’s web page at www.army.mil/usag/36arband/index.htm.

AFGE pushes bill to impose contracting out suspension

AFGE release

WASHINGTON — At the request of the American Federation of Government Employees, Congressman Albert Wynn (D-Md.) will introduce legislation today that would suspend contracting out at all federal agencies.

The bill entitled the Truthfulness, Responsibility and Accountability in Contracting Act will be introduced shortly before the union’s rally on the west steps of the Capitol beginning at noon.

The rally is being held to highlight the waste, fraud and abuse which results when public services are turned over to corporate profiteers. Wynn will be the keynote speaker at AFGE’s rally and will take questions from reporters in conjunction with the noon event.

“Producing the highest possible profit is the only priority of a big corporation, AFGE National President Bobby L. Harnage stated.

“Corporate contractors can’t compete with public employees whose only priority is reliable, accountable services.”

“Congressman Wynn has consistently demonstrated his support of federal employees as evidenced by his 100 percent AFGE voting record,” Harnage added. “The introduction of

this critically important, AFGE-backed bill further galvanizes his support.”

AFGE’s bill, which currently has some 50 co-sponsors, calls for the temporary suspension of all new federal contracting until five requirements imposed on federal agencies have been met:

- Track costs and savings from contracting out;
- Prevent any work from being given to contractors without public-private competition;
- Abolish arbitrary personnel ceilings that prevent agencies from taking on work even when federal employees can do it more efficiently;
- Emphasize contracting in to the same extent as contracting out;
- Develop a better understanding of the extent to which contracting out undercuts the wages and benefits of federal employees and other workers.

“In the absence of accountability and congressional oversight, the problems caused by indiscriminate contracting out and privatization will grow worse in DoD and other agencies,” Wynn said.

“This legislation is pro-taxpayer because it will provide accountability and oversight of federal spending.”

Things you should know about preventing suicide

By Stan Williamson
Scout Staff

Suicide — it is quickly becoming a problem within the military.

Suicide is the eighth leading cause of death for all persons regardless of age, sex or race; the third leading cause of death for young people aged 15 to 24; and the fourth leading cause of death for persons between the ages of 10 and 14.

It is important to take the subject of suicide seriously. It doesn't seem right that a young soldier - who has lived for such a short time — would choose to die. But those who can't get over their depression sometimes do kill themselves.

Males commit suicide more often than females, but no one is immune. In one recent survey of high school students, 60 percent said they had thought about killing themselves. About nine percent said they had tried at least once.

Why has suicide rate risen?

It's easier to get the tools for suicide (males often use firearms to kill themselves; females usually use pills); the pressures of modern life are greater; competition for good ratings, evaluations and schools and promotions are stiff; and there's more violence in the newspapers and on television.

Lack of interest by superiors, (noncommissioned officers and officers) may be another problem.

Many soldiers today were raised in divorced households; for others, both of their parents work and their families spend lim-

ited time together. According to one study 90 percent of suicidal adolescents believed their families did not understand them. (However, this is such a common complaint that other factors are playing a role, too.) Young people also reported that when they tried to tell their leaders about their feelings of unhappiness or failure, their leaders denied or ignored their point of view.

If your soldier has been depressed, you should look closely for signs that he or she might be thinking of suicide. Ask yourself these questions:

- Is there a dramatic personality change?
- Is there trouble with a girlfriend or boyfriend?
- Or is there trouble getting along with other friends or with parents?
- Has the soldier withdrawn from people he/she used to feel close to?
- Is the quality of the soldier's work going down? Has the soldier failed to live up to his/her own or someone else's standards?
- Does the soldier always seem bored, and having trouble concentrating?
- Is the soldier acting like a rebel in an unexplained and severe way?
- Is she pregnant and finding it hard to cope with this major life change?
- Is the soldier abusing drugs and/or alcohol?
- Is the soldier complaining of headaches, stomachaches, etc. that may or may not be real?
- Have eating or sleeping habits

changed?

— Has the soldier's appearance changed for the worse?

— Is the soldier giving away prized possessions?

— Is the soldier writing notes or poems about death?

— Does the soldier talk about suicide, even jokingly?

— Has the soldier said things such as, "That's the last straw," "I can't take it anymore," or "Nobody cares about me?" (Threats precede four out of five suicidal deaths.)

— Has the soldier tried to commit suicide before?

If you suspect that your soldier might be thinking about suicide, do not remain silent. Suicide is preventable, but you must act quickly.

Ask your soldier about it. Don't be afraid to say the word "suicide." Getting the word out in the open may help your soldier think someone has heard the cries for help. Reassure him/her that you are concerned. Remind the soldiers that no matter how awful their problems seem, they can be worked out, and you are willing to help. Ask him/her to talk about feelings. Listen carefully. Do not dismiss any problems or get angry at the soldier.

Remove all lethal weapons from living and working areas, including guns, pills, kitchen utensils and ropes. Seek professional help. Ask your unit's chaplain to guide you. A variety of outpatient and hospital-based treatment programs are available.

Suicide myths, facts

Myth: The tendency toward suicide is inherited.

Fact: Suicide has no characteristic or genetic quality.

Myth: Suicidal persons are mentally ill.

Fact: Many persons who have attempted or completed suicide would not have been diagnosed as mentally ill.

Myth: Asking a person if he or she is suicidal will lead them into an attempt.

Fact: Asking a direct, caring question will often minimize and diffuse the anxiety and can act as a suicide deterrent.

Myth: Good circumstances prevent suicide.

Fact: Frequently the opposite is true. Persons of means and education are sometimes more highly at risk of destructive behavior.

Myth: Motive for or causes of suicide are established and determined.

Fact: Suicide is a lengthy and complex pattern of behavior where precise motives are difficult to ascertain. Each case of suicide can be as complex as the person who completed it.

New for 1999 taxes, law changes can mean difference in refund

IRS release

There are a number of tax law changes that may apply to you when you file your tax return this year. These changes may mean the difference between getting a tax refund and paying more taxes. See the instructions in your tax package for more information on these 1999 modifications.

If you have a child who was under age 17 at the end of 1999, you may be able to claim either or both the Child Tax Credit and the Additional Child Tax Credit. The total of these credits can be as much as \$500 for each qualifying child.

If you have three or more qualifying children and you are not able to claim the full \$500 Child Tax Credit for each child, you may be able to claim the Additional Child Tax Credit. The Additional Child Tax Credit is refundable - it may give you a refund even if you do not owe any tax.

The earned income tax credit (EITC) could be as much as \$3,816 if you have more than one qualifying child; up to \$2,312 if you have one qualifying child; and as much as \$347 even if you don't have children. The amount you can earn and still be eligible for the credit in 1999 is \$30,580 if you have more than one child; \$26,928 if you have one qualifying child; and \$10,200 even if you don't have children. If you aren't eligible for the EITC, but claim it anyway, you could be prohibited from claiming the credit for up to 10 years once discovered.

If you claimed an education credit on your 1998 tax return and, in 1999, you, your spouse if filing jointly, or your dependent received a refund of qualified tuition and related expenses, or tax-free education assistance, you

may have to repay part of the credit on your return this year. For more details on the recapture of education credits, order a free copy of Form 8863, Education Credits, by calling the IRS at 1-800-829-3676.

If you paid interest on a qualified student loan this year, you may be able to deduct up to \$1,500 of the interest on your return, even if you don't itemize deductions on Schedule A. And in the year 2000, you may be able to deduct up to \$2,000 of the interest you pay on a qualified student loan.

If you converted part or all of an IRA to a Roth IRA in 1998, and you chose to report the taxable amount over four years, you must report the amount that is taxable in 1999 on your return. You may be able to take an IRA deduction if you were covered by a retirement plan and your 1999 modified adjusted gross income was less than \$41,000 and you filed as single, head of household, or married (filing separately) and you lived apart from your spouse for all of 1999; or if your 1999 modified adjusted gross income was less than \$61,000 and you filed as married (filing jointly) or qualifying widow(er). Note: In the tax year 2000, these dollar amounts will increase by \$1,000.

This year, if your only capital gains are capital gain distributions from mutual funds, you will not have to file Schedule D. Check the box on line 13 of Form 1040 and use the worksheet in the instructions to figure your tax.

If you are self-employed, you may be able to deduct up to 60% of your health insurance. Review the instructions in the tax package on self-employed health insurance deduction.

The standard mileage rate for business use of a ve-

hicle prior to April 1, 1999 was 32 cents a mile. The rate for business use of a vehicle from April 1, 1999, through December 31, 1999, is 31 cents a mile. The rate returned to 32 cents a mile on January 1, 2000.

This filing season, most 1040 tax packages will contain an envelope with two labels - one if you are requesting a refund, and one if you are not requesting a refund. The labels will enable the IRS to more efficiently sort the refund returns from the remittance returns. These labels will contain the address of the Internal Revenue Service Center and separate Zip +4 Zip Codes and PostNet barcodes. If you need to hand-write the address on your tax return envelope, the U.S. Postal Service will imprint the proper PostNet barcode on the face of the envelope. Barcodes facilitate the sorting of the tax returns.

This year, the IRS has partnered with the National Center for Missing and Exploited Children (NCMEC) to dramatically expand the distribution of photos of lost, abducted and runaway children. Pictures of missing children will appear in 1999 IRS tax form instructions and taxpayer information publications on pages that would otherwise be blank. The photos will be provided by NCMEC and will be accompanied by information about the children and the NCMEC's 24-hour toll-free hotline number, 1-800-843-5678. You can help bring these children home by looking at the photographs and calling local authorities or NCMEC when you see one of these children.

For further details on tax law changes, download a copy of Publication 553, Highlights of 1999 Tax Changes, from www.irs.gov or you can order a free copy by calling the IRS at 1-800-829-3676.

11th Signal Brigade

Chief of Signal explains 11th's role

By Sgt. Kenneth E. Lowery II
11th Signal Bde. PAO NCOIC

On Feb. 23, the 11th Signal Brigade briefed Maj. Gen. Peter M. CuvIELlo, commanding general of the U.S. Army Signal Corps in Fort Gordon, Ga., on the overall performance of the brigade and any soldier issues as far as the integrity of the Signal Corps.

CuvIELlo, commandant of the Signal School, met with Col. Daniel R. Judy, 11th Signal Brigade commander, and all of the battalion commanders. CuvIELlo's tour of the Brigade included eating at the Thunderbird Dining Facility and partici-

pating in an officer development/noncommissioned officer professional development class.

As Chief of Signal, CuvIELlo explained the 11th's role in the signal corps.

"Our paradigm of how we do business is changing," he started. "Technology is coming quickly, as we right size, no longer does any outfit have one mission.

"You're all challenged to do the best with what you've got. Every unit, though similar with challenges, have different equipment.

"We will never ever have another program in the Army where everyone will have the same equipment.

"This is all part of the transformation of the Army, and you're a part of it. It's a real challenge we have across the Army," he continued.

CuvIELlo spoke highly of the brigade and its mission, but emphasized the challenge the signal corps will be facing in the future.

"This is no different from any unit out there," he said. "Everybody is challenged with all of the staff that's out there. Our world is complex," he said. "If you're good, you get called for more missions, and you are good."



Photo by Sgt. Kenneth E. Lowery II

Maj. Gen. Peter M. CuvIELlo speaks with a civilian contractor during his tour of the 11th Signal Brigade



Photo by 1st Lt. Michael R. Peters

Soldiers from Company D, 86th Signal Battalion staged a "Krasnovian" protest during a recent field exercise.

86th Signal Battalion liberates 'Krasnovia' during field exercise

By 1st Lt. Michael R. Peters
11th Signal Brigade PAO

The 86th Signal Battalion just completed its first field exercise of the year.

Exercise Millennium Tiger '00 was designed to simulate a deployment of U.S. troops to a small island nation in turmoil.

This is a scenario that the 86th Signal Bn. soldiers were familiar with after being a part of the Australian led peace-

keeping efforts in East Timor.

This time however, it was the "Krasnovians" that our troops were assisting and not all of them wanted help from the United States.

The exercise began with 86th Signal Bn. soldiers and equipment deploying to sites all over Fort Huachuca and Southeast Arizona, a.k.a. the "Isle of

See Krasnovia, Page 10

Dental Activity Command

Dentistry Academy explains ins, outs to proper brushing

Academy of General Dentistry release

What is the best technique for brushing? There are a number of effective brushing techniques. Patients are advised to check with their dentist or hygienist to determine which is the best one for them since tooth position and gum condition vary. One effective, easy-to-remember technique involves using a circular or elliptical motion to brush a couple of teeth at a time, gradually covering the entire mouth.

Place a toothbrush beside your teeth at a 45-degree angle and gently brush teeth in an elliptical motion. Brush the outside of the teeth, inside the teeth, your tongue and the chewing surfaces and in between teeth.

Using a back and forth motion causes the gum surface to recede, or can exposure the root surface or make the root surface tender. You also risk wearing down the gum line.

Soft or hard bristles?

In general, a toothbrush head should be small (1" by 1/2") for easy access. It should have a long, wide

handle for a firm grasp.

It should have soft, nylon bristles with round ends. Some brushes are too abrasive and can wear down teeth. A soft, rounded, multi-tufted brush can clean teeth effectively.

Press just firmly enough to reach the spaces between the teeth as well as the surface. Medium and hard bristles are not recommended.

How long should I brush?

It might be a good idea to brush with the radio on, since dentists generally recommend brushing 3-4 minutes—the length of an average song.

Using an egg timer is another way to measure your brushing time. Patients generally think they're brushing longer, but most spend less than a minute brushing.

To make sure you're doing a thorough job and not missing any spots, patients are advised to brush the full 3-4 minutes twice a day instead of brushing quickly five or more times through the day.

Should I brush at work?

Definitely, but most Americans don't brush during the workday. Dentists say it's a good idea to keep a toothbrush in your desk, which increases the chances that you'll brush during the day by 65 percent, according to a survey released by Oral-B Laboratories and the Academy of General Dentistry.

Getting the debris off teeth right away stops sugary snacks from turning to damaging acids, and catches starchy foods like potato chips before they turn to cavity-causing sugar.

If you brush with fluoride toothpaste in the morning and before going to bed, you don't even need to use toothpaste at work. You can just brush and rinse before heading back to the desk. If you don't have a toothbrush, rinsing your mouth with water for 30 seconds after lunch also helps.

Turn off the water while brushing your teeth, Be Water Wise and Energy Smart!

Community Updates

Youth programs need parents

Youth Services and Youth Sports are seeking parents interested in participating in two separate focus groups concerning Youth Services and Youth Sports programs, activities and hours of operation, etc. The groups will meet to discuss the various issues facing the youth of the community and strategies to improve programs and provide options for youth and parents. The emphasis of this group will be on youth ages 6-19 and out of school programs. Areas such as schools and preschool programs will not be discussed. If you are interested in participating in one of these groups please contact Youth Services at 533-3205 for the Youth Services Focus Group and Youth Sports at 533-2541 for the Youth Sports Focus Group.

Post tax center open

Get your federal and state income taxes prepared and electronically filed for free. The Post Tax Center can file your federal and most state taxes electronically, getting your refund to you in around 14 days. Hours are 8:30 a.m.-noon and 1-4:30 p.m. on Mondays, Wednesdays, Thursdays, and Fridays; noon-4 p.m. and 5-7:30 p.m. on Tuesdays. The tax center is located behind the PAO Office, at the end of Brown Parade Field. Park at the bottom of the hill on Christy Avenue and come up the hill, following the signs. Bring all your W-2s, 1099s, and other financial paperwork when you come. For information, call 533-1070.

BRT opens ‘Night of Iguana’

Bisbee Repertory Theatre’s production of Tennessee Williams’ “The Night of the Iguana” opens Friday with a reception for multi-media artist Henry Couture at 6:30 p.m. and curtain at 7:30 p.m. The production plays Fridays and Saturdays at 7:30 p.m. through April 1. There will be a Sunday evening performance, March 19 at 7:30 p.m. Matinees will be March 26 and April 2 at 3 p.m. Advance tickets are \$8. Tickets at the door are \$10 for adults and \$5 for students through college. For information, call 432-3786.

Kiwanis Cake Auction set

The fifth annual San Pedro Kiwanis Cake Auction is set for Saturday. You can help by donating a baked or homemade item from your organization or by having someone represent your organization by bidding at the auction. The baked items are judged by categories before the auction. They do not have to be fancy, decorated cakes, any baked or homemade item will be appreciated. Items are accepted at Buena High School starting at 10 .m., judging is at noon and the auction runs 2-9 p.m.

Archaeological Society meets

The Arizona Archaeological Society,

Cochise Chapter, meets monthly at the Sierra Vista Public Library, Tuesdays 6:30-8:30 p.m. On Tuesday, the society will discuss early agriculture of the San Pedro Valley with UNM’s Bruce Huckell. Public is welcome. Participate in excavations in an ongoing joint field project with Old Pueblo Archaeology on Fort Huachuca. Dig, screen for and record artifacts. No experience necessary. Interest is the only requirement. For information, call Larry White at 459-2182.

Bear basics class

Cochise College in Sierra Vista is hosting a Bear Basics lecture by Dave Smith, author of Backcountry Bear Basics: The Definitive Guide to Avoiding Unpleasant Encounters. This class is set for Tuesday, 6-8 p.m. in Room 313, Cochise College. Fee is \$9. This class will give hikers, campers, hunters and homeowners a solid understanding of bear behavior and dispel many myths and misconceptions about bears.

ACS offers newborn classes

Let us help you prepare for your newborn through free classes offered by Army Community Service’s New Parent Support Program. These classes are open to all in the community (military and civilians). The upcoming class dates and times will be:

Wednesday — Assisting Your Newborn’s Development (6:30-8:30 p.m. at ACS)

For more information, call Laurie Laychak, ACS, at 533-6877. To sign up for classes, call 533-2330.

Quilters Guild meets

The Hummingbird Quilters Guild will meet Wednesday at 9:30 a.m. for a Day Business Meeting. Raffles, Show and Tell, Unfinished Projects, Refreshments , and featuring Sharon Clarke with a program on “Fast & Easy Thumb Pincushions” — Great technique for pincushion to hold “Applique Pins.”

All welcome. For more information, call 459-3707.

Mandatory ethics training

All DoD personnel required to file a Financial Disclosure Report are required to attend ethics training annually. All new employees are required to receive this training within 30 days of entering on duty. Training sessions will be held 10-11 a.m. in Room 1215, Greely Hall, on the following dates: March 16, April 27, May 11 and June 14.

Financial Disclosure Report filers are required to attend only one training session per calendar year. For information, call Tom King at 533-3197.

Emergency committee meets

The Cochise County Local Emer-

Your Census answers work for you

Census 2000 release

The federal government uses census numbers to allocate over \$100 billion in federal funds annually for community programs and services including education programs, housing and community development, health-care services for the elderly, job training and many more.

State, local and tribal governments use census information for planning and allocating funds for new school construction, public buildings such as libraries, highway safety and public transportation systems, new roads and bridges, location of police and fire departments and many other projects.

Community organizations use census information for developing social service programs, community action projects, senior lunch programs and child-care centers.

Businesses use the numbers to decide where to locate factories, shopping centers, movie theaters, banks and offices — leading to the creation of jobs in your area.

The U.S. Congress uses the census

totals to determine how many seats your state will have in the U.S. House of Representatives. Likewise, states use the numbers to allocate seats in their legislatures.

Law protects your privacy

By law, the Census Bureau cannot share your answers with others, including welfare agencies, the Immigration and Naturalization Service, the Internal Revenue Service, courts, police and the military. Anyone who breaks this law will receive up to five years in prison and \$5,000 in fines. The law works - millions of questionnaires were processed during the 1990s without any breach of trust.

Bureau helps you participate

To help you fill out your census questionnaire, Questionnaire Assistance Centers will open in your community.

To answer your questions, a toll-free telephone number will be provided.

To make sure you’re included, we’ll make additional forms available to you.

gency Planning Committee’s regular monthly meeting will be held on March 17 at 1 p.m. in the Science Building Conference Room at Cochise College, 901 Colombo St., Sierra Vista.

The public is invited to attend and ask questions. For more information, call Robert Rice at 452-8022.

American Legion open house

The American Legion Bill Carmichael Post 52 will be hosting an Open House Jamboree March 18, 8 a.m.-1 p.m. and March 19, 10 a.m. to 8 p.m. at 12 Theater Drive, Sierra Vista.

There will be a variety of music, food, fun and door prizes. Everyone is welcome.

Blue Cross/Shield rep visits

On March 21, a representative Blue Cross/Blue Shield will come to Fort Huachuca to answer federal employees’ questions on benefits, claims or enrollment.

The representative will be located in the Murr Community Center, Gila Room from 9 to 11 a.m. If you have any questions, call Michele Darby, CPAC, at 533-3340.

DOIM classes announced

The Directorate of Information Management has released the schedule of computer training classes offered at Fort Huachuca during the month of March.

Classes include Basic Structure and Design on March 21, Access on March 22, Intermediate Access on March 23 and

Advanced Access on March 24. The following week MS Word is scheduled for March 27, Basic Excel for March 29, Advanced Excel for March 30 and FormFlow for March 31.

For more information, call Spc. Kevin E. Mumaw at 533-2868.

Celebrate Women’s History

Maj. Gen. John D. Thomas, Jr. will host a Women’s History Month Luncheon on March 22, 11:30 a.m.-1 p.m., at the LakeSide Activity Centre.

In honor of this year’s theme, “An Extraordinary Century for Women — Now, Imagine the Future!” members of Fort Huachuca’s Special Emphasis Program Committee will highlight the events and people who made this century such an extraordinary one for women.

Come on out and enjoy an Italian Buffet while learning more about Women’s History. Tickets are \$8 and must be purchased in advance.

See your unit Equal Opportunity Representative or call the Military Equal Opportunity Office at 533-1717/5305 or 538-0533 for more information.

Trekking across Arizona

The Thunder Mountain Trekkers will meet March 28 at 7 p.m. at Sulphur Springs Valley Electric Cooperative, 311 Willcox, Sierra Vista.

The Trekkers are an internationally sanctioned non-competitive sports club, sponsoring four weekend walks and eight Year Round Events in Arizona. For information, call Wendy or Dave at 378-1763.

School News

Fort schools recognize history months, honor roll students

Accommodation Schools release

Book adoption: The Fort Huachuca Accommodation Schools are considering a science/health adoption for the 2000-2001 school year. Revised curricula and samples of the proposed school materials are available by calling Sally Holcombe at 458-5082.

Smith Middle School

Nancy Murphy’s art classes have filled the halls with Kandinsky-style, non-representational paintings, animal pattern and repetition studies, and silver scratchboards from the seventh and eighth grade artists. Students learned how to use the scratchboard, scratching away a layer of India ink to reveal a metallic silver coating underneath. Some students combined technology and fine art requirements by finding an image with computer clip art and transferring the image to their scratchboards.

Sixth grade students will be painting for the final weeks of the third marking period and will take their portfolios home at the end of the marking period as they move on to keyboarding.

National Junior Honor Society treated all honor roll awardees to a certificate and candy at the February 11th ceremony. Roger Trotter, Smith School Principal, also presented 4.0 students with a Pepsi. On March 11 the NJHS will help host the district-wide Jump for the Heart event. This is a fun event that promotes physical fitness and healthy living. To participate, see Smith P.E. teacher, Jackie Branning, for a pledge envelope.

Also, the NJHS hosted the annual Geography Awareness Day at Smith Middle School. All staff and students placed a pin in their home of record/birthplace on the large map near the office. It was fun for all to see who else was from their home state or country. The number of students from Germany, Texas and California was unbelievable. There are Panthers from 37 different states and eight different countries. NJHS is sponsored by Smith art teacher, Nancy Murphy.

In celebration of Dr. Seuss’ birthday, 13 students from Smith Middle School (and their teachers — Mrs. Dudzik and Mrs. Epps) dressed as story book characters to read to all classes at Johnston. Ray Calderon, Melissa Stoner, Cheri Worden, Megan Thompson, Akilah Howard, Cassie Clamon, Krystina Martin, Dominique Stewart, Heather Blanton, Ashley Thomas, Kim Warner, Joy Taylor. The students paired up to read to the first, second and third graders. At the end of the day the Smith students donated the books read to the Johnston Library.

Students earning all As for the 2nd Quarter were:
Sixth-graders — Aaron Birge, Autumn Cartwright, Stephanie Hall, Daniel O’Keefe. Seventh-graders — Allison Edwards, Brendan Price, Tyler Williams. Eighth-graders — Nathan Anderson, Matt Gouges, Erin Ortiz, Maria Thomas and Erica Travis.

Students named to the Honor Roll were:
Sixth-graders — Nicole Anderson, Cassie Anderson, Nick Andruszka, Megan Ballard, Brianne Boardman, Tim Boss, Karen Cook, Nick Curtiss, Ray Calderon, Shane Fry, Tamika Fulmaono, Patrick Gaffney, Durrell Green, Amber Hall, Aletha Hart, Amanda Hazelmyer, Niesha Henry, Sarah Lazsok, Ricky Lewis, Evan Madarang, Kendra Martin, Nastasha Martinez-Irizarry, Selina Miller, Elizabeth Price, Rene Romine, Jennifer Sanchez, Thomesena Seals, Megan Thompson, Tiffany Togisala and Brandon Williams.

Seventh-graders — Elissa Baucom, Ashley Contreras, Sarah Cook, Kimberly Dodd, Megan Early, Andrea Edwards, Leaia Hansen, Nicole Harmon, Akilah Howard, Eustacia Jones, Siouxsie Owen, Steve Ortiz, JoAnne Ricks, Danielle Redus, Amanda Tarbescu and Brooke Wellborn.

Eighth-graders — Amanda Bilyk, Lisa Carrington, Jessica Downer, Amy Hansen, Alex Laszok, Lucas Matyl, Jesus Morales, Andrew McCall, Steve Nelson, Vanessa Roman-Montes, Jason Stanton, Roland Tyler and Travis Wood.



Courtesy photo



Colonel Johnston Elementary School staff and students celebrated Black History Month in a variety of ways. The students learned about many of the customs and traditions of African-American culture. They learned about the

on going struggles faced by Black Americans during their fight for liberty and equal rights.

Several of the staff at Johnston dressed up in traditional African attire, (from left) Yolanda Collins, James Thomas, Eleshia Hamilton and Martha Taylor.

Local teacher honored at 5th annual networking conference

Compiled by Angela Moncur Scout Staff

3Com Corporation and the Consortium for School Networking Feb. 23 honored Sen. Jeff Bingaman (D-N.M.) and Carol Bird, a teacher in Arizona’s Fort Huachuca Accommodation Schools, for their leadership in applying networking technology to improve the quality of public education in K-12 schools.

The presentation of the first annual Outstanding Achievement Awards for Excellence in School Networking, sponsored by 3Com, took place at CoSN’s 5th Annual K-12 Networking Conference in Washington, DC. The “2000 Public Servant Outstanding Award for Excellence” was presented to Bingaman, and Technology Director Carol Bird received the “2000 Frank Withrow Outstanding Award for Excellence.”

“Both of these exceptional individuals have clearly demonstrated a driving passion for using networking technology to improve public education for the students in their schools,” said Bill Schmid, chairman of CoSN. “We are pleased that 3Com

is sponsoring these awards and proud to be presenting them to Carol Bird and to Senator Bingaman.”

CoSN and 3Com will annually honor the contributions of outstanding individuals from school districts, county, state and federal agencies, non-profit organizations and elected officials for their achievements in expanding learning opportunities for students through the application of information technology. The awards are determined and chosen by a committee at CoSN.

“We are pleased to work with CoSN to honor the implementation of innovative networking technology in public schools,” said Leslie Saul, K-12 industry manager for 3Com. “This award not only recognizes the leadership of Sen. Bingaman and Carol Bird, but it also demonstrates 3Com’s commitment to improving education and to working closely with educators to meet their unique challenges.”

For 17 years Bingaman has devoted many of his congressional efforts to improve education in New Mexico’s public schools. He recently introduced the National Dropout Prevention Act to give communi-

ties the flexibility to overhaul schools to better address students at risk of dropping out. Many of Bingaman’s provisions to improve teacher quality were included in the 1998 Higher Education Act. In addition, his Technology for Education Act of 1994 and Technology for Teachers Act of 1997 provide schools in New Mexico and across the nation with the resources to use information technology to prepare students for the rapidly-expanding digital workplace.

During the last three years, Carol Bird has worked tirelessly to transform an outdated computer lab into a fully networked educational resource, providing her students with high-speed access to the Internet. Using every resource available, she successfully applied for Technology Literacy Challenge Fund Grants and federal E-rate funding and used community resources for financial and informational assistance.

Through Bird’s efforts, students in the Fort Huachuca schools now have the benefits of project-based, cross-curricular learning with access to extensive online information technology resources, including



Courtesy photo

Carol Bird

encyclopedias on CD-ROM and state-of-the-art, multi-media educational applications. Students interact with scientists and

See Teacher, Page 10



Medical Activity Command

RWBAHC dietician getting clinic in shape

By Sgt. Cullen James
Scout Staff

From dealing with Army Weight Control issues to promoting healthy eating habits, Raymond W. Bliss Army Health Center's dietician has a full plate.

"For the last one-and-a-half years, the center contracted a dietician downtown," said 1st Lt. Ronna Winn, RWBAHC dietician. "They only had [dietary] services two-and-a-half days a week. Now we see patients every day."

"Most people think the dietician is only here to deal with weight control, but we also deal with disease management," she explained.

Winn deals with diseases such as colon, kidney, and cardiovascular illnesses and diabetes. She also handles pediatric nutrition. "I handle all active duty soldiers, retirees and family members. I also talk to many groups - I was just asked to speak with the local Girl Scouts," Winn said.

When speaking with younger audiences, Winn explained she stresses the importance of a healthy diet and addresses such concerns as body image. "I'm really trying to promote healthy eating," she said.

Another aspect of her job is researching nutritional content and differences of different kinds of foods. "When I counsel someone, we talk about fat content and calories," Winn said. "A lot of times, a person may go for the fat-free food, but not realize they're getting the same amount of calories - sometimes more.

"I spend a good amount of time teaching people about fat and how to label read," Winn explained.

Recently, there have been many requests for Winn

to discuss dietary supplements. "I've been asked to do classes about supplements and their possible drawbacks," she said. "There's been a lot of problems with some of them and I try and make people aware of them."

One herbal supplement Winn said has caused particular problems is Ephedra. "There have been a lot of deaths reported from Ephedra," Winn said. "It can cause a lot of heart problems. These days, doctors are finding that they no longer just have to ask a patient if they're taking any medications, but if they're taking any supplements also. Some herbs have been found to effect medications and that can cause problems."

Winn attributes much of the dietary supplement use to our weight control desires. "People are interested in weight loss, but we're also interested in quick fixes. One thing I tell people all the time is that they didn't put [the weight] on overnight, and it's not going to come off overnight."

A phrase Winn is fond of using is "quackery and fraud." She uses it to describe many of the "lose weight fast" books and other shady techniques that can be found in the diet world.

"We have a list of sites and other materials we have found to be quackery and fraudulent," she said. "We also have lists of good sites for nutritional information."

To find out more about fraudulent websites and other information, or to find links to valid nutrition sites, visit the RWBAHC website at rwbach.huachuca.amedd.army.mil.

"There are many good and reputable sites out there," Winn said. "Just visit the site and you can find a great deal of information."



Photo by Sgt. Cullen James

1st Lt. Ronna Winn, Raymond W. Bliss Army Health Center dietician, puts together a sample 1,500 calorie dinner with plastic food samples. The plastic food helps Winn demonstrate portion size to the patients she counsels.

Anyone interested in setting up classes or a counseling appointment with Winn can contact her at 533-5133, or can contact her through the Preventative Medicine area of the RWBAHC website.

"Since there hasn't been a dietician here for a while, it feels like there's been some neglect toward the nutrition clinic. I feel like I'm catching the office up on all the info that's out there. But, that's part of what I do, keep people informed about nutrition."

Health center offers automated phone prescription refill service

MEDDAC release

The Raymond W. Bliss Army Health Center Pharmacy employs an automated telephone prescription refill service. You may call in your refills using a touch tone or rotary phone (533-1551). You can quickly request prescription refill twenty-four hours a day. The service will be able to tell you details about your prescription, such as what day and time you may pick up your refill and how many refills you have left. If you are calling too soon to refill a prescription, the service will tell you what date to call back. The prescription service can also provide important information about pharmacy services, locations, and hours of operations.

If you call into the automated system before 7 a.m. for prescription refills, you may pick them up after 9 a.m. the same duty day. However, if you call into the automated system after 7 a.m., you can pick up your prescription refills the next duty day after 9 a.m. Once filled, prescription refills are only held on our shelves for five duty days. This is partially due to a lack of storage space within the pharmacy.

Helpful dos/don'ts for the service

- Do get all refill information organized and ready prior to your call
- Do use a touch tone phone
- Do listen to all directions completely before pressing telephone buttons
- Do answer all questions of the service before you hang up the phone
- Do pick up your prescription refills after the date and time the service advises
- Don't talk to the new refill service (Unless you have a rotary phone and are asked for prescription information.)
- Don't press any buttons until each direction is completely finished, but don't wait too long
- Don't wait until the day your prescription runs out to request a refill. Plan ahead to ensure no lapse in your medication.

If you have any problems or concerns with the automated refill service between the hours of 7 a.m. and 5 p.m. duty days, call 533-0465 to speak to a pharmacy technician. For your information, we currently have four phone lines to accept refill calls through the automated system. So if when you call, the phone just rings and rings, please try again in a few minutes.

National Nutrition Month 2000:

Chocolate for dummies

By 2nd Lt. Molly Abraham, RD
WBAMC, El Paso, TX and
1st Lt. Ronna Winn, RD

Preventive Medicine Service, RWBAHC

People of all nations have enjoyed chocolate for centuries. Americans crave chocolate, with its perfect combination of sweetness and bitterness, more than any other food.

But, myths surround chocolate that give it a bad name. Recent studies have shown that there is nothing wrong with including small amounts of chocolate as a regular part of your balanced diet.

This article will explain the origins of chocolate, dispel some of the popular myths and advise you on how to use it as part of a healthful diet.

All you ever wanted to know about chocolate

Chocolate has a long history as a popular indulgence. It was first consumed as a drink in Latin America where it was discovered. Theobroma, chocolate's botanical name, means "food of the gods," in Latin. As indicated by its name, chocolate was consumed only by the highest in the Aztec society and acted as currency between the Mayas and Aztecs. Cocoa was brought to Europe in the late 17th century

and Rodophe Lindt made the first chocolate candy when he took cocoa butter and added it back to cocoa powder. Today, Americans enjoy approximately 11 pounds of chocolate each year. With all that chocolate, do we really know where it comes from?

Believe it or not, chocolate and cocoa are made from seeds that grow in pods on cacao trees. Each pod contains anywhere from 20 to 50 beans or seeds. The pods resemble a football and measure about eight inches long and four inches wide. The first step of processing, fermentation, decreases the bitter taste of the cocoa. The seeds are then dried, roasted and hulled. The final product is either cocoa or chocolate. Over 400 compounds have been identified which lend to the flavor and aroma of chocolate.

Myth #1: Chocolate contains a lot of caffeine. One ounce of chocolate contains only six milligrams of caffeine, while one cup of brewed coffee has more than 100 milligrams of caffeine.

Myth #2: Chocolate can cause acne. Acne is caused by changes in hormone levels, particularly during puberty.

Myth #3: Chocolate causes headaches.

See Chocolate, Page 10

Hyperlinking to gold:

Cochise College tests computer kids skills

Sgt. Cullen James
Scout Staff

Testing their skills and prowess, students from 16 schools throughout Cochise County raced through Cochise College hoping to win their events.

But instead of high jumps, 100-meter dashes or pole vaulting, these kids tested their mettle in areas like operating systems theory, HTML theory, word processing, basic programming and others during the Armed Forces Communications and Electronics Association’s Computer Olympics. The event was held at the Cochise College Sierra Vista campus March 3 and was the event’s 16th year.

Fort Huachuca’s Smith Middle School contributed 14 students to the contest which had a total of 315 kids.

“There’s a lot of focus on sports and recognizing athletes in schools. This gives us an opportunity to recognize students for other things,” said Dr. Claudia LaClair, event co-organizer at Cochise College.

“Smith Middle School has been attending [the Computer Olympics] since it first started 16 years ago, and have traditionally done very well,” LaClair said. “In fact, Smith used to beat Buena High School back then.”

Middle and high schools were originally able to compete against one another. Now, there are two separate categories for middle and high schools, plus students compete more individually.

“We only had eighth-graders this year,” said Joyce Bridges, computer applications teacher at Smith Middle School. “Usually we have seventh-graders also, but none signed up.”

To get the students to participate, Bridges usually only



Photo by Sgt. Cullen James

Front to back: Stephanie Schroer, Erica Travis, Jenna Guenther and Amanda Bilyk warm up their computer engines in the Internet Scavenger Hunt room prior to taking on the graded events in other classrooms.

has a sign-up roster, but she does encourage some kids to go. “I’ll encourage some of the kids who didn’t sign up - some of the kids I think would do well. Some are just shy,” she said.

There were 22 events and other special activities for students to do. The top three students in each event were given an award and the fourth - sixth place winners were given certificates.

Here’s how Smith Middle School did:

Computer Keyboarding:

Jesus Morales, 1st place; Chris Plourd and Jenna Guenther, tie for 5th place; Amanda Bilyk, 6th place

Word Processing:

Stephanie Schroer, 1st place; Lisa Carrington, 2nd place; Jeffrey Simmons, 5th place; Matt Gouges, 6th place

Word Processing Theory:

Stephanie Schroer, 2nd place; Jesus Morales, 4th place

Advanced Word Processing:

Stephanie Schroer, 1st place, Jesus Morales, 2nd place

Decision Making:

Lisa Carrington and Nina Proctor, 2nd place

PowerPoint:

Lisa Carrington, 2nd place

Spreadsheets:

Jamie Law, 6th place

BASIC Programming:

Jeffrey Simmons, 3rd place

Operating Systems Theory:

Nathan Anderson, 4th place

HTML Theory:

Nathan Anderson, 6th place

Data Processing Theory:

Stephanie Schroer, 2nd place

PowerPoint Theory:

Erica Travis, 1st place

Internet Theory:

Roland Tyler, 3rd place

“This is great for the kids,” said Bridges. “It gives them experience now competing against other students which gives them experience for later in life when they’re competing for jobs.”

Women’s History Month

Women leaders recognized

‘To reclaim our past and insist that it become a part of our human history is the task that lies before us. For the future requires that women, as well as men, shape the world destiny.’

Judy Chicago, feminist artist

EO release

This month Fort Huachuca joins the nation in celebrating Women’s History Month. All too often history books have ignored the contributions that women have made to this country and the world. The month of March gives us an opportunity to do what the history books haven’t — an occasion to learn, teach and focus on the role women have played in the development of this great country and the many gifts they have given our society. This year’s theme is “An Extraordinary Century for Women - Now Imagine the Future!”

Certainly the 20th century has been a great century for women. One of the most significant events was passage of the 19th Amendment — ratified a mere 79 years ago on August 26, 1920. The amendment states “The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.”

The simplicity of the amendment belies its power. It’s an affirmation of the bold aspirations and high ideals upon which our nation was founded and of the indomitable spirit that has infused the men and women of this country from its origin.

Passage of the 19th Amendment was the culmination of a movement that began in July 1848 in upstate New York. At the home of Elizabeth Cady Stanton, five courageous women who , discontent with the limitations of their lives, decided to embark on a mission of change. Thus, the Women’s Rights Movement was born.

Those women, along with men such as Fredrick Douglass, fought for both abolition and women’s rights. The most well-known pioneer of women’s suffrage was Susan B. Anthony. A charismatic leader and tireless champion of women’s rights, she became known as the “Napoleon of women’s rights.”

Her contribution to the United States was recognized in 1979, when President Jimmy Carter authorized the minting of the Susan B. Anthony dollar — the only U.S. currency that depicts a woman.

The coin symbolizes the cause to which Susan B. Anthony dedicated her life and the determination with which she fought

for that cause.

Though she did not live to see women attain the right to vote, she never doubted that it would be won. At age 86, she spoke publicly for the last time at the 1906 meeting of the National American Woman Suffrage Association. During her address she said, “There have been others also just as true and devoted to the cause - I wish I could name every one - but with such women consecrating their lives, failure is impossible!”

Failure is impossible. Because failure was impossible for Susan B. Anthony and her fellow suffragists, we live in a different nation today. They left us a far greater legacy than suffrage — opening vistas that theretofore had been closed to women. They created a legacy of opportunity - a country in which women can reach their full potential.

Because of this legacy, our nation has been blessed with leaders such as:

Fannie L. Hamer - A Mississippi sharecropper’s daughter who rose to national prominence in the civil rights movement

Chien-shiung Wu — the pioneering physicist, who radically altered modern physical theory and changed our view of the universe.

Madeleine Korbel Albright — first fe-

male Secretary of State and the highest ranking woman in the United States government

Antonia Novello — the first Hispanic to become the Surgeon General of the United States

Florence Griffith-Joyner — American track & field athlete and Olympic gold medalist

Lt. Gen. Claudia Kennedy — Deputy Chief of Staff for Intelligence and first female three-star general officer

Lt. Col. Eileen Collins — first female space shuttle pilot and commander of space shuttle mission Columbia.

These are but a few of the many women whose talent, energy, intellect and determination make our nation great. In the United States today, women nurture both children and businesses. Passage of the 19th Amendment has given women, and our country, a legacy of unlimited possibilities.

This month, we commemorate the men and women who fought so valiantly for women’s suffrage as well as the women who have reaped the fruits of that legacy. Let us be inspired by and infused with their courage and the spirit to strive for the realization of our ideals in the face of adversity so that we can create an ever stronger, ever more equal country.

Javits-Wagner-O’Day Program goes online for federal procurement

By Kenneth Oscar
Deputy Asst. Sec. of Army (Procurement)

The Committee For Purchase From People Who Are Blind Or Severely Disabled committee announced the official launch of the Javits-Wagner-O’Day e-commerce procurement web site on Jan. 11, 2000. The website address is www.jwod.com.

This new website was launched to allow federal agencies, their authorized contractors and others to purchase a multitude of business products and related supplies, from their desktop, with next-day delivery for the most frequently used items.

[jwod.com](http://www.jwod.com) features quality products manufactured by people who are blind or have other severe disabilities under the JWOD program.

[jwod.com](http://www.jwod.com) provides its customers with convenient one-stop shopping. It also assures that purchases comply with the JWOD Act, which requires federal agencies to buy many of its supplies and services from nonprofit agencies employing persons who are blind or severely disabled, in association with the National Industries for the Blind and NISH.

This site was developed by the Committee, NIB and NISH to provide its customers with direct access to SKILCRAFT and other JWOD items. However, there are products available through [jwod.com](http://www.jwod.com) that are not JWOD products, and therefore are not mandatory to federal agencies.

These commercial items, which complement the mandatory JWOD product line, are furnished for the convenience of

agency buyers. A “Convenience Item” icon easily identifies these commercial items.

[jwod.com](http://www.jwod.com) furnishes its customers with many commonly used products including binders, briefcases, clipboards, portfolios, calendars, business cards and a multitude of writing instruments.

With national distribution and state-of-the-art online ordering capability, [jwod.com](http://www.jwod.com) expands the number of purchasing vehicles through which federal customers and authorized contractors can order JWOD office supplies and general products. In addition to on-line orders, federal customers and authorized contractors may order by phone (877-GET-JWOD) or fax (877-FAX-JWOD).

You may also use the authorized GSA Schedule commercial distributors for

JWOD products which are listed at the program’s main website and www.jwod.gov.

Named for its enabling legislation, the Javits-Wagner-O’Day Act of 1971, the JWOD program is a mandatory source of supply for Federal agencies. However, this is not the only reason for purchasing JWOD supplies. The JWOD program is good business.

The JWOD program offers its customers high quality supplies and services, on-time delivery, reasonable prices, reduction of paperwork and incidental pre-award and post-award costs, central points of contact to solve problems and facilitate actions, and from a desirable social perspective, reduced disability payments and increased tax revenues.

Chocolate, from Page 8

A study conducted at the University of Pittsburgh found that chocolate did not play a significant role in triggering headaches.

Myth #4: Chocolate causes hyperactivity in children. No studies have conclusively shown that sugar or chocolate cause behavior changes in kids.

Myth #5: Chocolate increases serum cholesterol. Although most of the fat in chocolate is saturated, studies have shown that this type of saturated fat does not increase serum cholesterol.

How to thoroughly enjoy chocolate without feeling guilty

When eaten in moderation, chocolate can fit into almost any diet. Too much chocolate, however, may lead to weight gain and health problems. Chocolate contains calories and fat just like most foods you eat. If eaten in addition to your normal food intake, excess calories from chocolate will be stored as fat. By including small amounts of chocolate in your meal plan and staying flexible, you will be able to consume an adequate amount of calories.

Eating remains a balancing act whether or not you

include chocolate in your diet. The goal is to balance intake with output and maintain a healthy weight. You can do this by following the Food Guide Pyramid which recommends eating sweets on occasion in small amounts. When you do decide to add chocolate to your intake, it is important to adjust for this by making a trade-off with another source of fat and calories.

This may be achieved by eliminating the mayonnaise from your sandwich, choosing non-fat milk, or using non-fat salad dressing. Knowing the make-up of the foods in your diet and reading food labels will help you make good decisions about those trade-offs. For example, an average candy bar contains about 250 calories and 12-15 grams of fat.

If you cannot give up the regular salad dressing or the whole milk, you can stick with the low-fat versions of chocolate. Low-fat chocolate products are helpful in reducing the fat without changing the taste. Chocolate syrup, for example has only .3 grams of fat per two tablespoons. You can add this to low-fat ice cream, mix it with yogurt for a sweet-tasting dip, or add it to cream cheese for a tasty spread. Cocoa powder is another low-

fat product that can enhance many foods. Replace chocolate with cocoa powder in baked items and add it to hot cereal for a special treat.

Another key to achieving chocolate success is satisfying your chocolate cravings. Ignoring cravings is self-denial and can lead to compulsive overeating. Satisfying a craving does not mean that you can eat as much chocolate as you want.

It simply means eating a small amount so that your craving is satisfied. Try monitoring the portion sizes available in your home and choose sensibly.

Including chocolate in your diet is easy and may make your day a little more enjoyable. Think moderation and remember to make trade-offs to avoid eating extra calories and fat.

For more information on healthy food choices as they relate to your health, contact your primary care provider at RWBAHC for a referral to the Registered Dietitian. The Web is full of information on healthy eating as well, such as the American Dietetic Association at www.eatright.org or the American Diabetes Association’s “Recipe of the Day” at www.diabetes.org.

Krasnovian from Page 5

Krasnovia.”

Upon arriving and clearing their sites, the units of the 86th quickly established a voice and data network to include video teleconferencing and NIPR circuits.

“I think the operators were more focused because they knew that while they were in the van working on the network, their counterpart was outside

pulling security,” said 1st Lt. Jeffery M. Prevett, assistant S-3, 86th Signal Bn.

Throughout the exercise the opposing force of “Krasnovians,” which consisted of eight soldiers from the 86th Signal Bn., were engaged in all types of small unit tactics, from setting ambushes to

conducting peaceful protests to harass the U.S. troops.

“Our [opposing forces] guys were tired from harassing the companies day and night but, they were pumped up and having a good time with it,” said Capt. Sean P. Duvall, commander, Company D, 86th Signal Bn.

Spc. Samuel Cabrales, Company D, 86th Signal Bn. held a sign that said “Stop Killing Our Children” while he and his fellow protesters chanted out slogans in Krasnovian in an anti-Ameri-

can protest at the gate to Company B’s site.

“Empty MRE boxes make perfect picket signs,” Duvall said.

“We have to react differently to unarmed civilian protesters so this [field exercise] is a good opportunity,” said Sgt. Todd E. Pankow, Company B, 86th Signal Bn.

“Instead of going out, setting up, tearing down and going home it was a nice change of pace,” said Spc. Robert A. Jolin, also from Company B.

“Empty MRE boxes make perfect picket signs.”
Capt. Sean P. Duvall

Teacher, from Page 7

classmates online and develop friendships with students throughout the country and around the globe.

“Our transient student population best demonstrates the impact of these advancements,” Bird said. “Student learning can develop gaps due to moves by families from station to station. It is essential that our teachers be able to detect those gaps and help the students develop those missing skills and concepts. Through the use

of technology, this task is made a little easier and less time consuming. Individualized instruction is readily available to assist the teacher and student.”

Bird has been instrumental in bringing technology into the hands of the Fort Huachuca Accommodation School District administration, faculty, staff and students. She applied for and was granted attendance at an Institute at Harvard University designed to provide strategies for technology/

curriculum integration. She designed and implemented Professional Development strategies so the systems purchased would be utilized. Bird created a program within the District so staff could apply for future technology purchases tailored to their curricular needs, but tied to standards for approval.

“The professional development our teachers are receiving is developing their confidence, as they feel less threatened by

risk-taking in the area of technology integration,” Bird said. “Students are benefiting from these attempts by their teachers to adopt a more constructivist approach to education.

“As we continue to incorporate meaningful technological tools into our curriculum, student learning will continue to make the shift from the formerly passive learning environment to an active one which is more student-driven.”